



- Keynote Speaker (CSP)
- Health & Wellness Consultant
- Author of Six Books

*inspiring busy people to stay energized, healthy, and sane*

Dr. Jo Lichten, PhD, RDN, CSP is a recognized expert in the areas of workplace productivity and performance. In the overcrowded wellness field, Dr. Jo® is a voice of reason blending the science of peak performance with a healthy dose of reality!

Through keynotes, breakouts and workshops, Dr. Jo's fast-paced, interactive style provides motivation and realistic strategies for improving workplace performance and achieving life balance.

With her doctorate in Adult Education from Texas A&M University, focusing on the area of change management, Dr. Jo is a skilled communicator who connects with audiences and delivers a message that resonates across job titles and industries. Her master's in human nutrition is from Virginia Tech.

Jo earned the highly sought after Certified Speaking Professional designation - a title held by less than 12% of all speaking professionals worldwide.

As an accredited health professional, she has experience working with healthcare, higher education, associations, and corporate clients in many industries including The Advisory Board, Janney, ExxonMobil, Gallo Wine, and the American Association of Occupational Health Nurses.

All of Jo's presentations offer real-life strategies and solutions. She has presented more than 1000 programs to clients across North America and abroad.

Her audiences often consist of professionals who have achieved great success in their career - at the expense of their health and personal life. In fact, Jo spent seven years as a consultant for Johnson & Johnson Human Performance Institute – coaching C-suite executives on how to boost energy and performance while avoiding burnout.

Dr. Jo is the author of six books including [REBOOT – how to power up your energy, focus, and productivity](#). Along with writing hundreds of magazine articles, Jo has also appeared on more than 300 TV and radio shows including CNN and Fox.

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